

"Festive Family Thanksgiving Cookbook"

Recipe

Basic White Sauce

Serves 8 ● Preparation time 10 minutes

Cooking time 30 minutes

2 cups 1% milk

1½ Tbs. all purpose flour

1 Tbs. light tub margarine spread

1/8 tsp. salt

Put the milk in a saucepan on low heat, stir often and bring to a boil. Be careful to not burn the bottom. Turn heat down and simmer.

In another saucepan, melt the margarine and add the flour, stirring constantly. Cook for 3 minutes. Do not brown the flour. Remove from heat.

Add the simmering milk to the flour and margarine mixture. Add the milk all at once, stirring constantly with a wire whisk.

Put the sauce back on low heat and cook slowly, stirring occasionally for about 30 minutes until sauce is thickened. Season with salt. If there are lumps in the sauce, put it in the blender.

Nutrition Facts Per Serving: 35 Calories, 2 g Total Fat, 18 Calories from Fat, 1 g Saturated Fat, 73 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip:

"Examples of traditional Thanksgiving recipes that call for a white sauce include creamed onions, creamed peas and green bean casseroles. By using this low fat sauce in your recipe you can save the fat and still serve your family the foods they expect on Thanksgiving."

Sandy Wales, Health Educator Assistant

